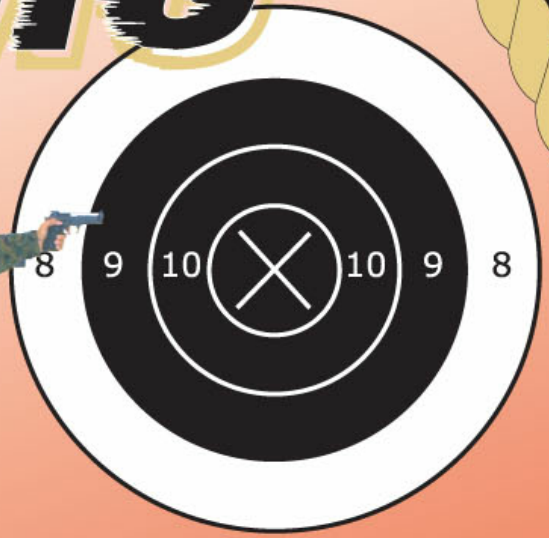
USMC



SHOOTING TEAM

COMPETITIVE STANCE
AND GRIP

OVERVIEW

- Competitive stance
- Competitive grip

COMPETITIVE STANCE

- Assuming the competitive stance
  - Feet
  - Body
  - Head
  - Firing arm
  - Non-firing arm

COMPETITIVE GRIP

- Assuming the competitive grip
  - Weapon placement in hand
  - Grip alignment
  - Trigger finger placement
  - Grip pressure
  - All must be consistent every time

COMPETITIVE GRIP

- Once grip is established, try to maintain throughout the stage of fire.

- In the event you break grip placement (reloading, sweat, cramping), make sure you re-establish grip placement and dry fire to maintain correct and consistent trigger placement.

QUESTIONS

SUMMARY

- Competitive stance
- Competitive grip

MARINE CORPS
PISTOL TEAM
7
8
9
10
X